

A Comparison of  
Family Life Education (FLE)  
and Health  
Standards of Learning (SOL)

Commonwealth of Virginia  
Department of Education  
Richmond, VA 23218-2120

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KINDERGARTEN			
	FLE		Health
K.1	The student will experience success and positive feelings about self.	K.2.a	The student will explain the concept of being healthy. Key concepts/skills include (a) the impact of positive and negative emotions
K.2	The student will experience respect from and for others.	K.5	The student will explain the importance of seeking guidance from parents/guardians and other trusted adults.
		K.6	The student will identify expectations for personal behavior in school and social settings.
K.3	The student will become aware of the effects of his or her behavior on others and the effects of others' behavior on himself or herself.	K.6	The student will identify expectations for personal behavior in school and social settings.
K.4	The student will recognize that everyone is a member of a family and that families come in many forms.		
K.5	The student will identify members of his or Her own family.		
K.6	The student will develop an awareness of positive ways in which family members show love, affection, respect, and appreciation for each other.	K.5	The student will explain the importance of seeking guidance from parents/guardians and other trusted adults.
K.7	The student will realize that physical affection can be an expression of friendship, of celebration, or of a loving family.		
K.8	The student will recognize the elements of good and bad touches by others.	K.6.c	The student will identify expectations for personal behavior in school and social settings. Key concepts/skills include (c) respect for the personal space of others

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K.9	The student will demonstrate how to say "no" to inappropriate approaches from family members, neighbors, strangers, and others.		
K.10	The student will identify "feeling good" and "feeling bad."	K.2.a	The student will explain the concept of being healthy. Key concepts/skills include (a) the impact of positive and negative emotions
K.11	The student will find help safely if lost.	K.4	The student will identify sources of health and safety information.

FIRST GRADE			
	FLE		Health
1.1	The student will experience continuing Success and good feelings about self.	1.4	The student will demonstrate healthy mental and emotional development.
1.2	The student will experience continuing respect from others.	1.4	The student will demonstrate healthy mental and emotional development.
1.3	The student will become aware of the effects Of his or her behavior on others and the effects of others' behavior on himself or herself.	1.4 1.6	The student will demonstrate health y mental and emotional development.  The student will demonstrate responsible personal and social behaviors in the school community.
1.4	The student will develop an understanding of the importance of a family and of different family patterns.		
1.5	The student will identify family members and their responsibilities in contributing to the successful functioning of the family.		
1.6	The student will realize that human beings and other mammals have babies and that the babies can be breast-fed.		
1.7	The student will use correct terminology when talking about body parts and functions.	1.1	The person will identify the major body systems and explain their connection to personal health.
1.8	The student will express his or her feelings of happiness, sadness, and anger to the teacher.	1.4.a 1.4.c	The student will demonstrate healthy mental and emotional development. Key concepts/skills include (a) cooperation with others (c) expression of ideas and thoughts to create positive relationships
1.9	The student will become aware of appropriate behavior to use in dealing with his or her feelings.	1.4 1.6	The student will demonstrate healthy mental and emotional development.  The student will demonstrate responsible personal and social behaviors in the school community.

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1.10	The student will experience the logical consequences of his or her behavior.	1.4  1.6	The student will demonstrate healthy mental and emotional development.  The student will demonstrate responsible personal and social behaviors in the school community.
1.11	The student will realize that physical affection can be an expression of friendship, of celebration, or of a loving family.		
1.12	The student will demonstrate strategies for responses to inappropriate approaches from family members, neighbors, strangers, and others.		

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SECOND GRADE			
	FLE		Health
2.1	The student will recognize that everyone has strengths and weaknesses and that all persons need to be accepted and appreciated as worthwhile.		
2.2	The student will realize that adults other than parents also provide care and support for children.	2.4.a	The student will recognize the influence that health resources and professionals have on personal health. Key concepts/skills include (a) health care professionals, resources, and services
2.3	The student will become aware that babies grow inside the mother's body in a special place called the uterus.	2.1.a	The student will identify the basic components and functions of the systems of the human body. Key concepts/skills include (a) body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach)
2.4	The student will become aware of the need to take responsibility for the effects of his or her behavior on others.	2.5	The student will demonstrate ways to communicate consideration and respect for the health of individuals in the community.
2.5	The student will demonstrate appropriate ways of dealing with feelings.	2.5	The student will demonstrate ways to communicate consideration and respect for the health of individuals in the community.
2.6	The student will realize that physical affection can be an expression of friendship, of celebration, or of a loving family.		
2.7	The student will advance in readiness to say "no" and to tell a trusted adult, such as a parent, teacher, minister, grandparent, or guardian, in private about inappropriate approaches from family members, neighbors, strangers, and others.	2.2.d	The student will explain that personal health decisions and health habits influence health and well being throughout life. Key concepts/skills include (d) the importance of learning and using refusal skills
2.8	The student will be conscious of how commercials use our emotions to make us	2.4.c	The student will recognize the influence that health resources and

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	want products.		professionals have on personal health. Key concepts/skills include (c) print, audiovisual, and electronic media
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THIRD GRADE			
	FLE		Health
3.1	The student will demonstrate a sense of belonging in group work and play.		
3.2	The student will express what he or she likes about himself or herself to continue developing a positive self-image.	3.1	The student will explain that health habits impact personal growth and development.
3.3	The student will become aware of the changes occurring in family life that affect daily living and produce strong feelings.		
3.4	The student will give examples of healthy coping strategies for dealing with the feelings produced by changes in the family.	3.2.b	The student will use decision making skills to promote health and personal well-being. Key concepts/skills include (b) the process of resolving conflicts peacefully
3.5	The student will identify external body parts associated with reproduction and elimination, using correct terms.		
3.6	The student will recognize that all human beings grow and develop in a given sequence but that rates and patterns vary with individuals.		
3.7	The student will become aware that both a male and a female are necessary to have a baby.		
3.8	The student will comprehend that the baby grows inside the mother's body for nine months and then is born.		
3.9	The student will describe the types of behavior that enable him or her to gain friends or to lose friends.	3.2  3.1.d	The student will use decision-making skills to promote health and personal well-being.  The student will explain that health habits impact personal growth and development. Key concepts/skills include (d) positive interaction with family,

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			peers, and other individuals.
3.10	The student will practice safety rules in the home.		
3.11	The student will demonstrate to others how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, and others.	3.2.c  3.3.b	The student will use decision making skills to promote health and personal well-being. Key concepts/skills include (c) strategies for solving problems related to health.  The student will identify the effects of drug and inhalant experimentation and alcohol and tobacco use on personal health. Key concepts/skills include (b) the use of refusal skills to counter negative influences
3.12	The student will be conscious of how commercials use our emotions to make us want products.	3.4.c	The student will demonstrate the ability to use health information to improve personal health. Key concepts/skills include (c) the use of a variety of print, audiovisual, and electronic media resources.

FOURTH GRADE			
	FLE		Health
4.1	The student will be able to identify the human reproductive organs.		
4.2	The student will identify physical changes that begin to occur during puberty.	4.1.d	The student will explain how nutrition affects personal health and academic achievement. Key concepts/skills include (d) the impact of growth and development
4.3	The student will develop an awareness of human fertilization and prenatal development.		
4.4	The student will identify basic human emotions and effective ways of dealing with them.	4.2	The student will develop the skills necessary for coping with difficult relationships.
4.5	The student will develop positive reactions to his or her strengths and weaknesses.	4.6.a	The student will evaluate his/her role in solving community health problems. Key concepts/skills include (a) personal responsibility for exhibiting healthy practices within the school and community setting
4.6	The student will become aware of the need to assume responsibility within the family and to function effectively as a family member.	4.6.a  4.7	The student will evaluate his/her role in solving community health problems. Key concepts/skills include (a) personal responsibility for exhibiting healthy practices within the school and community setting  The student will understand the importance of communicating with family about personal and community health issues.
4.7	The student will describe the factors surrounding child abuse and child neglect.		
4.8	The student will identify factors contributing to the use of drugs.	4.3	The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and drug use on the family and

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			community.
4.9	The student will recognize the dangers of substance abuse.	4.3	The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and drug use on the family and community.

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<b>FIFTH GRADE</b>			
	<b>FLE</b>		<b>Health</b>
5.1	The student will define the structure and function of the endocrine system.		
5.2	The student will identify the human reproductive organs in relation to the total anatomy.		
5.3	The student will explain how human beings reproduce.		
5.4	The student will recognize the relationship between the physical changes that occur during puberty and the developing capacity for reproduction.		
5.5	The student will realize the importance of nutrition for himself or herself and for pregnant women who need to eat nutritious foods and avoid dangerous substances while the baby is growing inside the uterus.	5.2	The student will demonstrate responsibility for developing personal health habits and practicing the behaviors that promote an active, healthy lifestyles.
5.6	The student will identity reasons for avoiding sexual activity prior to marriage.		
5.7	The student will describe the effects of Personal hygiene on one's self-concept.	5.2.f	The student will demonstrate responsibility for developing personal health habits and practicing the behaviors that promote an active, healthy lifestyle. Key concepts/skills include (f) the importance of developing and maintaining a positive self-image
5.8	The student will recognize the importance of contributing to a constructive group activity.	5.5	The student will explain how peers, families, and community groups work together to build a healthy community.
5.9	The student will develop an increased understanding of the roles, duties, and responsibilities of family members.	5.5	The student will explain how peers, families, and community groups work together to build a healthy community.
5.10	The student will examine the messages from mass media related to sexuality.	5.4	The student will critically evaluate how print media, broadcast media, and Internet technology influence

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			perceptions of health information, products, and services.
5.11	The student will develop skill in saying "no" to any social behavior or activity that he or she perceives as wrong for himself or herself.	5.1.b	The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include (b) the use of refusal and conflict resolution skills
5.12	The student will recognize threatening or uncomfortable situations and how to react to them.	5.1.b	The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include (b) the use of refusal and conflict resolution skills
5.13	The student will explain the effects of substance abuse on the body.	5.3	The student will analyze the risks of dependence and addiction associated with the use of alcohol, tobacco, inhalants, and other drugs on the systems of the body.
5.14	The student will become aware of the existence of sexually transmitted diseases.		

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SIXTH GRADE			
	FLE		Health
6.1	The student will relate personal hygiene to the physical changes that occur during puberty.		
6.2	The student will explain the effects of growth on development, attitudes and interests.	6.3	The student will describe the connections between mental & physical dev. as they relate to adolescence.
6.3	The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.	6.3	The student will describe the connections between mental & physical development as they relate to adolescence.
6.4	The student will recall basic facts about sexually transmitted diseases.	6.1.e	The student will apply critical thinking skills and personal management strategies to address issues and concerns related to personal health and well-being. Key concepts/skills include (e) prevention of communicable and noncommunicable diseases.
6.5	The student will be able to describe the etiology, effects, and transmission AIDs.		
6.6	The student will summarize the process of human reproduction and the benefits of postponing premarital sexual activity.		
6.7	The student will describe personal characteristics that can contribute to happiness for self and others.	6.1  6.4  6.7	The student will apply critical thinking skills and personal management strategies to address issues and concerns related to personal health and wellbeing.  The student will analyze the consequences of personal choices on health and well-being.  The student will evaluate the benefits of becoming a positive role model within the family and community.
6.8	The student will demonstrate increased understanding of child abuse and neglect,		

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	including emotional and sexual abuse.		
6.9	The student will become aware of community health-care and safety agencies and their functions.		
6.10	The student will explain the effects of substance abuse on the individual, family, school, and society.	6.2.d	The student will use knowledge of the body's structure and function to make sound decisions related to personal health. Key concepts/skills include (d) the relationship of drugs, alcohol, tobacco, and inhalants to body functioning.
		6.6.a	The student will access and analyze information for the purpose of improving personal and family health. Key concepts/skills include (a) assessment of personal and family wellness
6.11	The student will evaluate the messages from mass media related to sexuality and gender stereotyping.	6.6.b	The student will access and analyze information for the purpose of improving personal and family health. Key concepts/skills include assessment of personal and family wellness; (b) recognition of the persuasive tactics used by various types of media
6.12	The student will apply decision-making skills in solving specific problems and in determining the possible outcomes of his or her decisions.	6.1	The student will apply critical thinking skills and personal management strategies to address issues and concerns related to personal health and wellbeing.
		6.7	The student will evaluate the benefits of becoming a positive role model within the family and community.
		6.4.b	The student will analyze the consequences of personal choices on health and well-being. Key concepts/skills include (b) the importance of accepting responsibility for personal actions

SEVENTH GRADE			
	FLE		Health
7.1	The student will identify his or her role and relationships within the family.	7.1  7.3	The student will use knowledge of health concepts to make decisions related to personal safety and wellness.  The student will investigate and analyze the various factors that guide an individual's decisions about health and well-being.
7.2	The student will recognize the physical development of his or her sex characteristics and how they affect emotional and social growth.		
7.3	The student will realize that physical affection is not all sexual, but that it also can be an expression of friendship, of celebration, or of a loving family.		
7.4	The student will recognize that sexual behaviors are conscious decisions; that it is important to say "no" to premarital and inappropriate sexual relationships; and that appropriate relationships are based on mutual respect, trust, and caring.		
7.5	The student will identify messages in society related to sexuality.	7.3	The student will investigate and analyze the various factors that guide an individual's decisions about health and well-being.
7.6	The student will be aware of the consequences of preteen and teenage sexual intercourse.		
7.7	The student will list the adverse consequences of a pregnancy in early adolescence, as well as the positive benefits of postponing pregnancy until marriage.		
7.8	The student will describe the signs and symptoms of pregnancy.		
7.9	The student will develop an understanding of and responsibility for family planning.		

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7.10	The student will explain techniques for preventing and reporting sexual assault and molestation.	7.1.b	The student will use knowledge of health concepts to make decisions related to personal safety and wellness. Key concepts/skills include (b) recognition of harmful and risky behaviors
7.11	The student will identify causes, symptoms, treatment, prevention, and transmission of sexually transmitted diseases, including AIDS.		
7.12	The student will identify the issues associated with friendships	7.1	The student will use knowledge of health concepts to make decisions related to personal safety and wellness.
7.13	The student will realize the role of peers and the peer group during adolescence, and the nature and purpose of dating.	7.1	The student will use knowledge of health concepts to make decisions related to personal safety and wellness.
7.14	The student will recognize contributions of various racial and ethnic groups to family life and society.	7.3.c	The student will investigate and analyze the various factors that guide an individual's decisions about health and well-being. Key concepts/skills include (c) family practices and customs.
7.15	The student will increase his or her ability to listen to different points of view and to accept the rights of others to a differing point of view.	7.5	The student will work cooperatively with others to support and promote healthy schools, families, and communities.

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<b>EIGHTH GRADE</b>			
	<b>FLE</b>		<b>Health</b>
8.1	The student will relate stages of human development to his or her own developmental level.		
8.2	The student will recognize the development of sexuality as an aspect of the total personality.		
8.3	The student will become aware of the need to think through decisions and to take responsibility for them.	8.2	The student will apply health concepts and skills to the management of personal and family health.
8.4	The student will identify the issues associated with friendships.	8.2  8.5	The student will apply health concepts and skills to the management of personal and family health.  The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community.
8.5	The student will recognize the nature of dating during adolescence.		
8.6	The student will interpret the messages in society related to sexuality.	8.4	The student will interpret and evaluate how health information, products, services, and agencies are targeted to impact adolescents.
8.7	The student will describe strategies for saying "no" to premarital sexual relations.	8.5	The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community.
8.8	The student will develop the coping skills needed to deal with stress.	8.2.b	The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include (b) the benefits of using resistance, problem-solving, and decision making skills for resolving health issues

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		8.2.c	(c) the importance of developing relationships that are positive and promote wellness
8.9	The student will identify the stresses related to changing relationships in the home, school, and community.		
8.10	The student will analyze the issues related to teenage pregnancy.		
8.11	The student will review facts about pregnancy prevention and disease control.		
8.12	The student will describe the effects of alcohol and drug abuse on families and peer relationships.	8.1	The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and well-being during the adolescent years (especially key concept/skill c: the short- and long-term health issues related to alcohol abuse and tobacco use).
8.13	The student will identify the effects and prevention of sexual assault, rape (including "date rape"), incestuous behavior, and molestation.		
8.14	The student will recall the ways in which the AIDS virus is transmitted, and techniques for preventing this disease.	8.1	The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and well-being during the adolescent years (especially key concept/skill h: the risk factors associated with communicable and noncommunicable diseases).

NINTH GRADE			
	FLE		Health
9.1	The student will trace the human growth cycle in relation to parenting skills from the prenatal period through the elderly stage.		
9.2	The student will explain the importance of the family as a basic unit of society and his or her responsibility as a member of the family.		
9.3	The student will recognize the development of sexuality as an aspect of the total personality.		
9.4	The student will review and apply the decision-making process.	9.1	The student will apply health knowledge and skills to the development and analysis of personal goals to achieve and maintain long-term health and well (especially key concept/skill b: a decision-making process for selecting health care products).
9.5	The student will review the nature and purposes of dating.		
9.6	The student will realize the importance of setting standards for controlling sexual behavior and of postponing sexual relations until marriage.	9.1	The student will apply health knowledge and skills to the development and analysis of personal goals to achieve and maintain long-term health and well-being (especially key concept/skill d: maintenance of health habits that promote personal wellness).
9.7	The student will interpret the effects and prevention of sexual assault, rape (including "date rape"), incestuous behavior, and molestation.		
9.8	The student will relate specific information on substance abuse to each stage of the life cycle.	9.1.c	The student will apply health knowledge and skills to the development and analysis of personal goals to achieve and maintain long-term health and well being. Key concepts/skills include (c) application of personal standards

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			regarding the use of alcohol, tobacco, and other controlled substances
9.9	The student will be able to explain the process of reproduction.		
9.10	The student will demonstrate understanding of specific health issues, including the ability to conduct particular self-examinations.		
9.11	The student will demonstrate knowledge of pregnancy prevention and disease control.		
9.12	The student will explain the transmission and prevention of the AIDS virus.	9.2  9.3.a 9.3.c	The student will analyze and evaluate the relationship among healthy behaviors, disease prevention and control, and comprehensive wellness (especially key concept/skill b: participation in activities that improve the cardiovascular system).  The student will analyze, synthesize, and evaluate the relationship between positive health behaviors and the prevention of injury and premature death. Key concepts/skills include (a) risky behaviors that may result in permanent disability for self or others (c) identification of situations involving risks
9.13	The student will identify the effects of discrimination.		
9.14	The student will begin to identify educational and career goals.		

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<b>TENTH GRADE</b>			
	<b>FLE</b>		<b>Health</b>
10.1	The student will determine how maturation affects adolescents.		
10.2	The student will describe his or her own attitudes concerning expectations of self and interpersonal relationships.	10.1  10.2	<p>The student will demonstrate and understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and well being of the self and other throughout life.</p> <p>The student will analyze, synthesize And evaluate the protective factors related to achieving and maintaining a sound mind and health body throughout life (especially key concepts/skills a, b, and h: the power of assertiveness; the impact of involvement in school and community activities; and the importance of support and encouragement from positive role models)</p>
10.3	The student will examine values, morals, and ethics essential to the growth and maintenance of positive human relationships.	10.2.e	The student will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body throughout life. Key concepts/skills include (e) the impact of emotions and peer approval on personal decision-making
10.4	The student will use the steps in the decision making process to solve specific problems.		
10.5	The student will recognize the need to abstain from premarital sexual intercourse.		
10.6	The student will recognize alternatives to premarital sexual intercourse for expressing feelings and affection.		
10.7	The student will explain the factors to be considered in preparing for dating and marriage.		

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10.8	The student will examine factors to be considered in life-goal planning.	10.2.d	The student will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body throughout life. Key concepts/skills include (d) the merits of goal setting
10.9	The student will describe the signs and symptoms of pregnancy.		
10.10	The student will analyze the factors associated with a healthy pregnancy.		
10.11	The student will explain the importance of supportive roles of the mother and father through pregnancy and birth.		
10.12	The student will describe available birthing options.		
10.13	The student will identify the stages of the birthing process.		
10.14	The student will analyze the skills and attitudes needed to become a competent parent.		
10.15	The student will describe adjustments to be made after the birth of a child.		
10.16	The student will compile a list of community agencies and resources available to assist individuals and families.	10.4	The student will synthesize and evaluate available health information, products, and services for the value and potential impact on his/her well-being throughout life.
10.17	The student will review the positive aspects of family life as a basic unit of society and as a means of personal development.	10.2.g	The student will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body throughout life. Key concepts/skills include (g) family health habits and behaviors as they relate to health promotion
		10.5	The student will evaluate how different types of behaviors impact the community

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ELEVENTH GRADE			
	FLE		Health
11.1	The student will evaluate individual strengths and weaknesses in relation to personal, educational, and career goals.		
11.2	The student will relate major theories of human development to his or her own situation and/or developmental level.		
11.3	The student will recognize advantages of abstinence from premarital sexual relations, reinforcing methods of saying "no" to undesirable behavior.		
11.4	The student will explain how television can have both positive and negative effects on the development to individuals--children, adolescents, and adults.		
11.5	The student will express his or her own attitude toward parenting.		
11.6	The student will develop skills in making parenting decisions.		
11.7	The student will classify the major problems, issues, and decisions related to each stage of the family life cycle.		
11.8	The student will identify parenthood options in terms of questions to be answered and decisions to be made.		
11.9	The student will describe characteristics of newborn infants.		
11.10	The student will recall ways to cope with common fears and concerns regarding the care of newborn infants.		
11.11	The student will describe the adjustments family members face in the postnatal period.		
11.12	The student will explain the stages of growth and development in children.		

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11.13	The student will calculate the personal considerations and financial costs of childbearing.		
11.14	The student will identify criteria for selecting adequate child-care services.		
11.15	The student will analyze community resources to meet specific needs.		

TWELFTH GRADE			
	FLE		Health
12.1	The student will describe the value of the home and family as primary sources of enrichment and personal renewal.		
12.2	The student will analyze the effects of cultural and family patterns on individual and family development.		
12.3	The student will describe types of adjustments and sources of conflict in interpersonal relationships.		
12.4	The student will explain how parental responsibilities change throughout the family life cycle.		
12.5	The student will recognize problems of individuals with handicapping conditions and ways in which families can be sensitive to and make adjustments for these needs.		
12.6	The student will develop a plan for managing resources in the home.		
12.7	The student will interpret state laws that affect family life.		
12.8	The student will identify ways of preventing and/or coping with various types of violence.		
12.9	The student will analyze stress and crisis situations which affect family life.		
12.10	The student will identify procedures and criteria for assessing community resources that deal with individual and family problems.		
12.11	The student will interpret rationale for saying "no" to premarital sexual activity.		
12.12	The student will prepare a plan for the fulfillment of life-long goals.		

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